ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (HREVEL36040)
- the NAME of the product (HealthRider® CROSS TRAINER 900S elliptical crosstrainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 26)

HealthRider is a registered trademark of ICON IP, Inc.

Part No. 216026 R0804A

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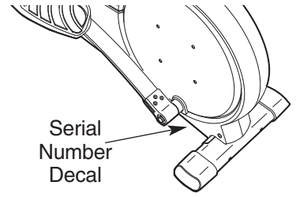
CROSS TRAINER 900S
HEALTHRIDER®

Class HC Fitness Product

Model No. HREVEL36040
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

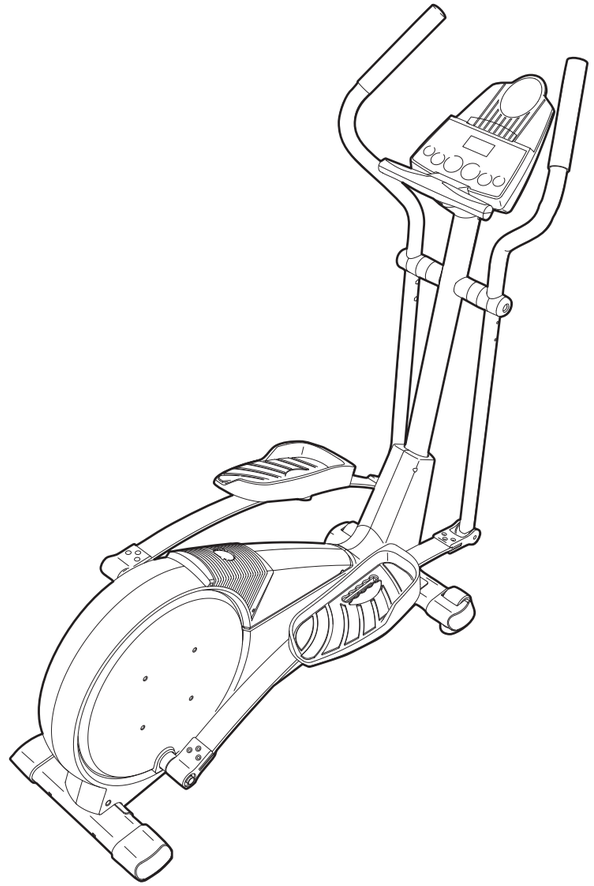
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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IMPORTANT PRECAUTIONS

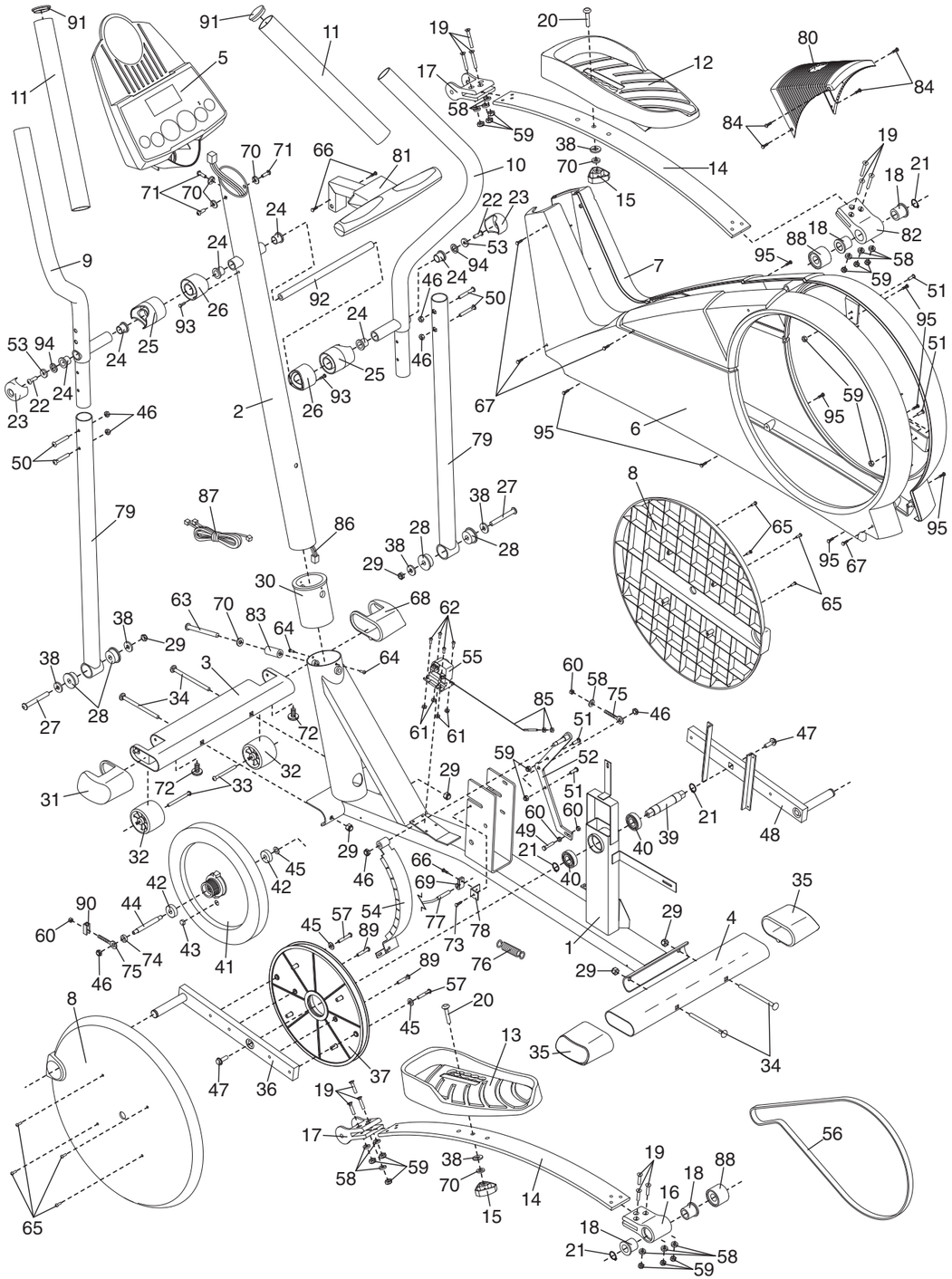
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. **Read all instructions in this manual before using the elliptical crosstrainer.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.**
3. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**
4. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under 12 and pets away from the elliptical crosstrainer at all times.**
6. **The elliptical crosstrainer should not be used by persons weighing more than 115 kg (250 lbs).**
7. **Wear appropriate exercise clothes when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.**
8. **Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.**
9. **The pulse sensors are not medical devices. Various factors may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.**
10. **Keep your back straight when using the elliptical crosstrainer; do not arch your back.**
11. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
12. **When you stop exercising, allow the pedals to slowly come to a stop.**
13. **The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. HREVEL36040

R0804A



PART LIST—Model No. HREVEL36040

R0804A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	53	2	M8.5 Washer
2	1	Upright	54	1	“C” Magnet
3	1	Front Stabiliser	55	1	Motor
4	1	Rear Stabiliser	56	1	Belt
5	1	Console	57	2	M8 x 33mm Button Screw
6	1	Left Side Shield	58	13	M6 Washer
7	1	Right Side Shield	59	16	M6 Nylon Locknut
8	2	Pedal Disc	60	4	M6 Nut
9	1	Left Handlebar	61	4	M5 Nylon Locknut
10	1	Right Handlebar	62	4	M5 x 12mm Bolt
11	2	Foam Grip	63	1	M10 x 88mm Button Bolt
12	1	Right Pedal	64	2	M4 x 6mm Screw
13	1	Left Pedal	65	8	M5 x 33mm Screw
14	2	Pedal Spring	66	3	M4 x 16mm Screw
15	2	Adjustment Knob	67	4	M4 x 25mm Screw
16	1	Left Spring Bracket	68	1	Right Front Endcap
17	2	Front Spring Bracket	69	1	Reed Switch Clamp
18	4	Rear Spring Bushing	70	6	M10 Split Washer
19	12	M6 x 33.5mm Bolt	71	3	M10 x 27mm Screw
20	2	Adjustment Bolt	72	2	Adjustment Foot
21	4	Snap Ring	73	1	M5 x 16mm Screw
22	2	M8 x 25mm Patch Screw	74	1	4.5mm Spacer
23	2	Handlebar Cap	75	2	M6 Eyebolt
24	6	Handlebar Bushing	76	1	Spring
25	2	Handlebar Spacer	77	1	Reed Switch
26	2	Upright Spacer	78	1	Reed Switch Bracket
27	2	M10 x 78mm Button Bolt	79	2	Handlebar Leg
28	4	Front Spring Bushing	80	1	Side Shield Cover
29	6	M10 Nylon Locknut	81	1	Handgrip Pulse Sensor
30	1	Upright Bushing	82	1	Right Spring Bracket
31	1	Left Front Endcap	83	1	Frame Spacer
32	2	Wheel	84	4	M4 x 12mm Tap Screw
33	2	M6 x 72mm Wheel Bolt	85	1	Resistance Cable
34	4	M10 x 112mm Carriage Bolt	86	1	Upper Wire Harness
35	2	Rear Stabiliser Endcap	87	1	Lower Wire Harness
36	1	Left Crank Arm	88	2	Spring Bracket Spacer
37	1	Pulley	89	2	M8 x 22mm Button Screw
38	6	M10 Washer	90	1	“U” Bracket
39	1	Crank	91	2	Handlebar Endcap
40	2	Crank Bearing	92	1	Pivot Axle
41	1	Flywheel	93	2	M3 x 12mm Screw
42	2	Flywheel Bearing	94	2	Wave Washer
43	1	Magnet	95	8	M4 x 19mm Screw
44	1	Flywheel Axle	#	1	Sensor Unit
45	3	M8.5mm Small Washer	#	1	Chest Strap
46	7	M8 Nylon Locknut	#	1	Audio Wire
47	2	Crank Screw	#	1	Adapter
48	1	Right Crank Arm	#	1	Splitter
49	1	M6 x 25mm Bolt	#	1	Battery Cover
50	4	M8 x 45mm Button Bolt	#	1	Hex Key
51	4	M6 x 18mm Button Bolt	#	1	Grease
52	1	“C” Magnet Bracket	#	1	User’s Manual

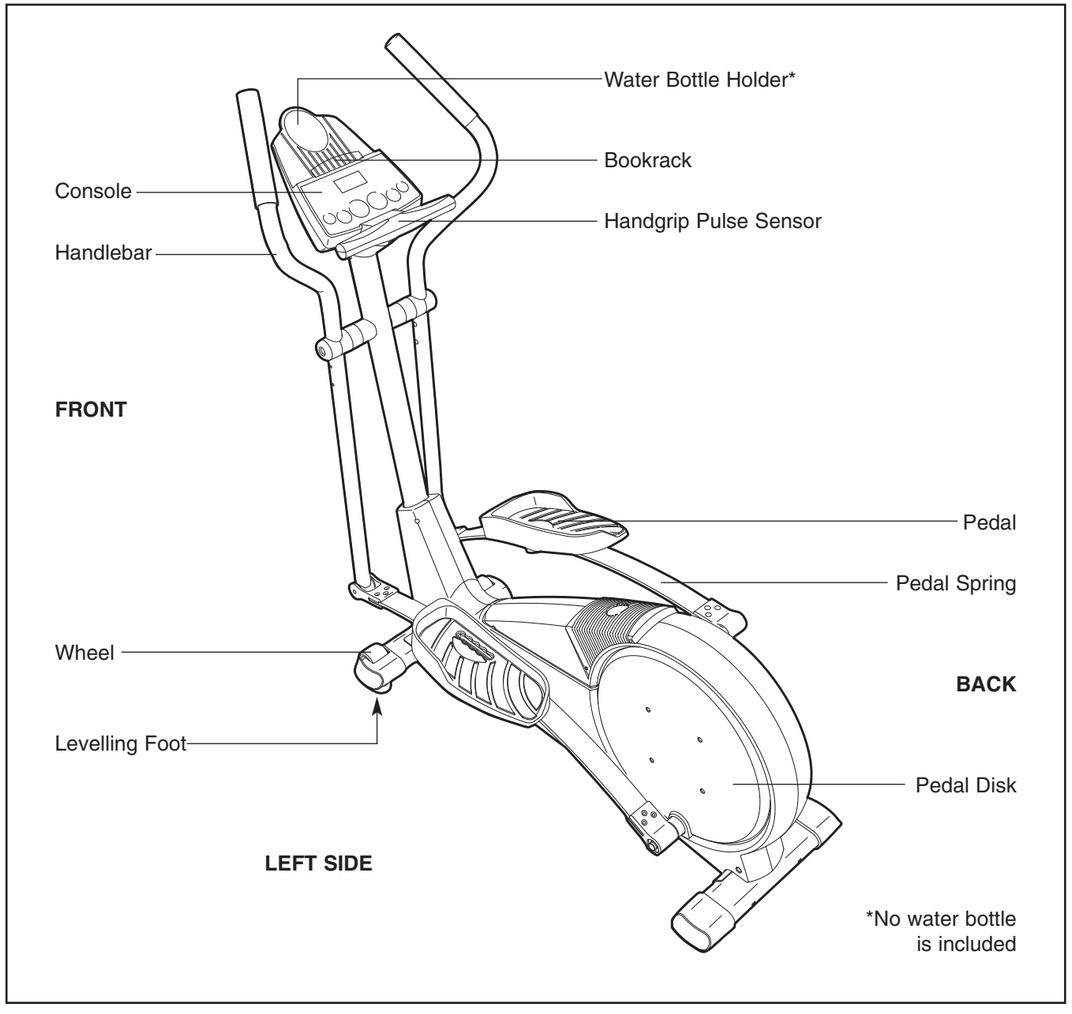
Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

BEFORE YOU BEGIN

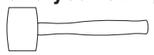
Congratulations for selecting the new HealthRider® CROSS TRAINER 900S. The HealthRider® CROSS TRAINER 900S is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique CROSS TRAINER 900S features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HealthRider.

For your benefit, read this manual carefully before you use the elliptical crosstrainer. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is HREVEL36040. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

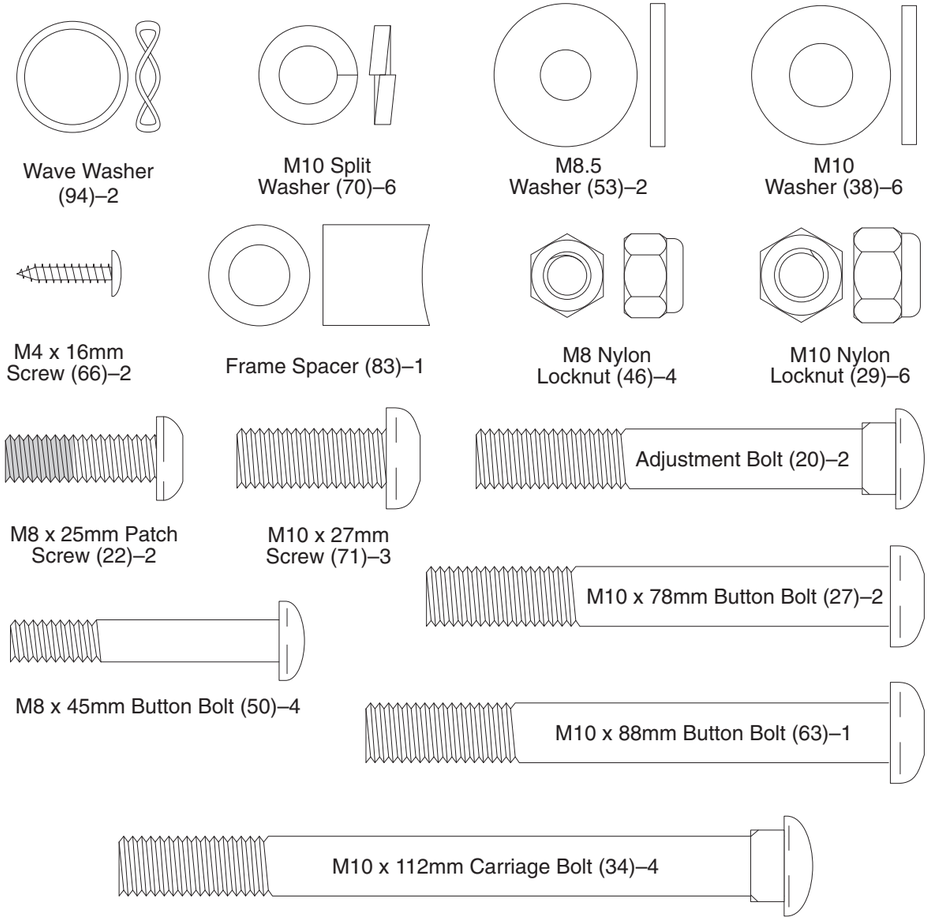
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included hex keys and your own phillips screwdriver** **, adjustable spanner** **, and rubber mallet**  **.**

As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts needed for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 26. The number following the parenthesis is the quantity needed for assembly. **Note: Some parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**


Wave Washer (94)–2
M10 Split Washer (70)–6
M8.5 Washer (53)–2
M10 Washer (38)–6
M4 x 16mm Screw (66)–2
Frame Spacer (83)–1
M8 Nylon Locknut (46)–4
M10 Nylon Locknut (29)–6
M8 x 25mm Patch Screw (22)–2
M10 x 27mm Screw (71)–3
Adjustment Bolt (20)–2
M10 x 78mm Button Bolt (27)–2
M8 x 45mm Button Bolt (50)–4
M10 x 88mm Button Bolt (63)–1
M10 x 112mm Carriage Bolt (34)–4

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

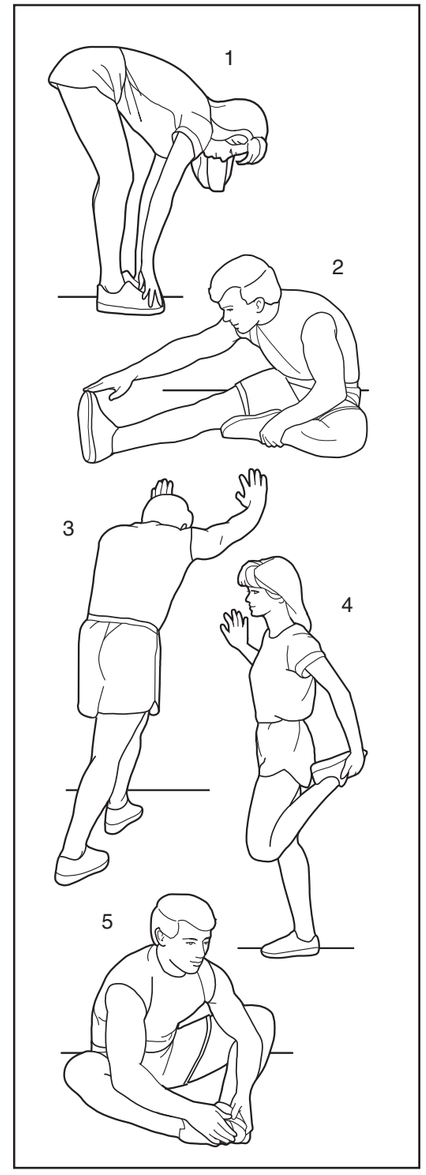
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

⚠ WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensors are not medical devices. Various factors may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.**

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

1. Identify the Front Stabiliser (3), which has Wheels (32) attached to it. Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**

2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabiliser (4) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).

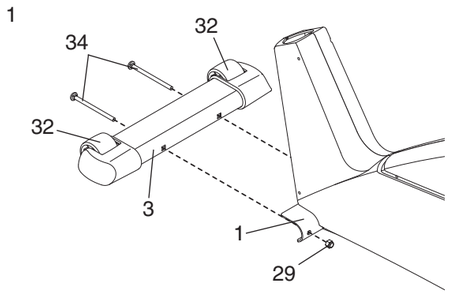
3. Whilst another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (86) to the Lower Wire Harness (87). **Carefully pull the upper end of the Upper Wire Harness to remove any slack. Whilst holding the upper end of the Upper Wire Harness,** insert the Upright into the Frame (1). **Do not pinch the Wire Harnesses.**

   Slide an M10 Split Washer (70) and a Frame Spacer (83) onto the M10 x 88mm Button Bolt (63), and insert the Button Bolt into the Frame (1) and the Upright (2). **Make sure that the concave end of the Frame Spacer is turned toward the Frame. Do not tighten the Button Bolt yet.**

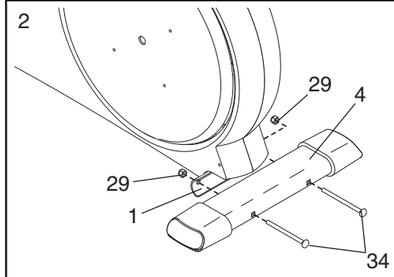
4. Connect the wire harness on the Handgrip Pulse Sensor (81) to the indicated wire harness on the Console (5). Insert both wire harnesses into the opening in the bottom of the Console.

   Refer to the inset drawing. Insert the metal tube on the Handgrip Pulse Sensor (81) into the metal bracket inside the Console (5) as shown. **Be careful not to pinch the wire harnesses.** Align the holes in the metal tube with the holes in the metal bracket, and tighten two M4 x 16mm Screws (66) into the indicated holes.

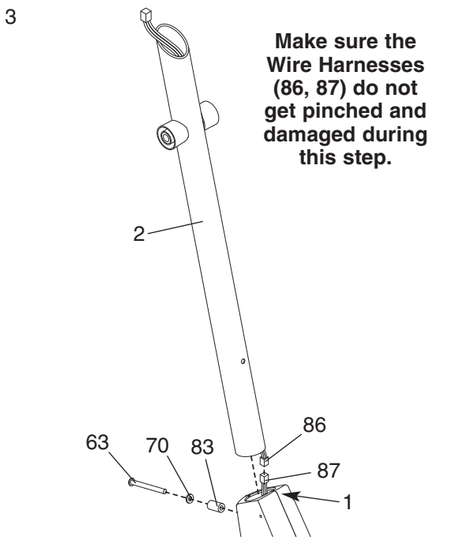
1



2

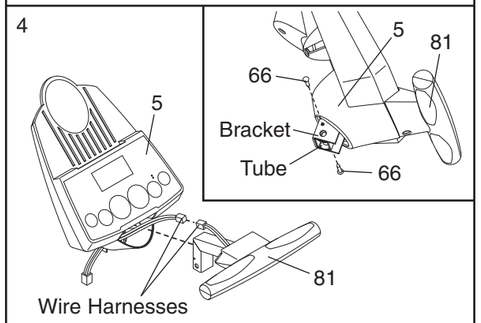


3



Make sure the Wire Harnesses (86, 87) do not get pinched and damaged during this step.

4



5. The Console (5) requires four 1.5V “D” batteries; alkaline batteries are recommended. Refer to the inset drawing. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are turned as shown by the diagram in the battery compartment.** Reattach the battery cover.

   Whilst another person holds the Console (5) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (86). Insert the excess wire harness into the Upright (2). Next, attach the Console to the Upright with three M10 x 27mm Screws (71) and three M10 Split Washers (70). **Be careful to avoid pinching the wire harnesses.**

   Snap the bookrack onto the Console (5) in the indicated location.

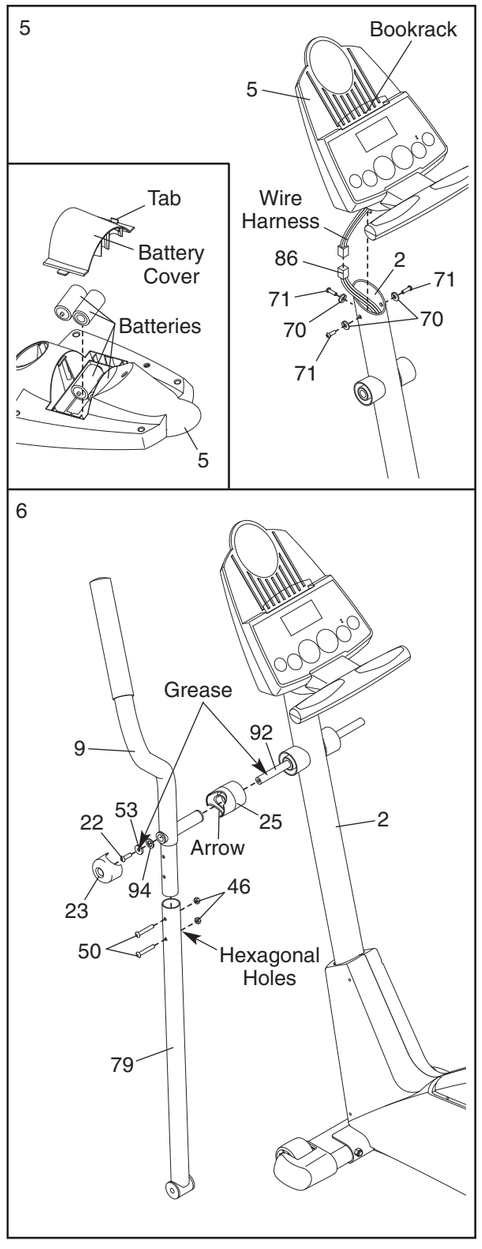
6. Identify the Left Handlebar (9), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (79); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Leg with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not tighten the Button Bolts yet.**

   Apply a generous amount of the included grease to the Pivot Axle (92) and to the two M8.5 Washers (53). Next, insert the Pivot Axle into the Upright (2) and centre it. Reapply grease to both ends of the Pivot Axle.

   Slide a Handlebar Spacer (25) onto the short tube on the Left Handlebar (9), and rotate the Handlebar Spacer so the small arrow is pointing toward the floor. Next, slide the Left Handlebar onto the **left end** of the Pivot Axle (92). Finger tighten an M8 x 25mm Patch Screw (22) with an M8.5 Washer (53) and a Wave Washer (94) into the end of the Pivot Axle. Then, press the small tabs on a Handlebar Cap (23) into the Handlebar Spacer.

   Assemble the Right Handlebar (not shown) and the other Handlebar Leg (not shown) in the same way.

   Tighten both M8 x 25mm Patch Screws (22) at the same time.



MAINTENANCE AND TROUBLESHOOTING

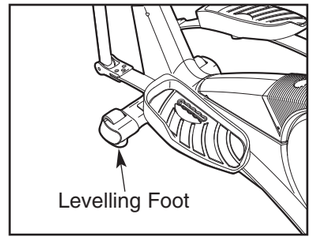
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild dish soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. Refer to assembly step 5 on page 6 for replacement instructions. The console requires four 1.5V “D” batteries.

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

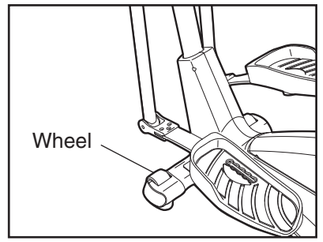


After the elliptical crosstrainer has been moved to the location where it will be used, make sure that the ends of both stabilisers are touching the floor. If the elliptical crosstrainer rocks slightly during use, turn one or both of the levelling feet under the front stabiliser until the rocking motion is eliminated.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER



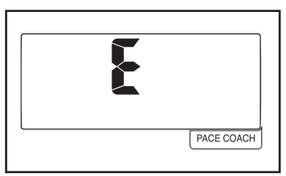
Stand in front of the elliptical crosstrainer, hold the handlebars firmly, and tip the elliptical crosstrainer until it can be moved on the front wheels. Carefully move the elliptical crosstrainer to the desired location and then lower it. **Due to the size and weight of the elliptical crosstrainer, use extreme caution whilst moving it.**

HOW TO USE THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the elliptical crosstrainer has been used and the total number of miles (or kilometres) pedalled. The information mode also allows you to select miles or kilometres as the unit of measurement for speed and distance.

To access the information mode, press and hold the On/Reset button for about six seconds.

When the information mode is selected, an E for English miles or an M for metric kilometres will appear in the display. To change the unit of measurement, press the + button.



Press the Display Mode button. The display will then show the total number of hours that the elliptical crosstrainer has been used.

Press the Display Mode button again. The display will then show the total number of miles (or kilometres) pedalled.

To exit the information mode, press the On/Reset button again.

7. Hold the lower end of the left Handlebar Leg (79) inside of the left Front Spring Bracket (17). Apply a generous amount of grease to an M10 x 78mm Button Bolt (27). Attach the left Handlebar Leg to the left Front Spring Bracket (17) with the Button Bolt, two M10 Washers (38), and an M10 Nylon Locknut (29). **Do not overtighten the Nylon Locknut; the left Handlebar Leg must be able to pivot freely.**

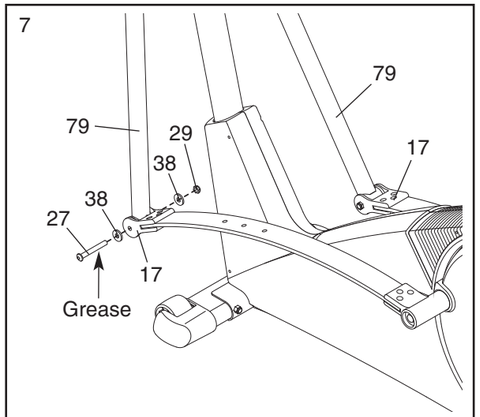
   Attach the right Handlebar Leg (79) to the right Front Spring Bracket (17) in the same way.

   Refer to step 6. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Legs (79). Refer to step 3. Tighten the M10 x 88mm Button Bolt (63).

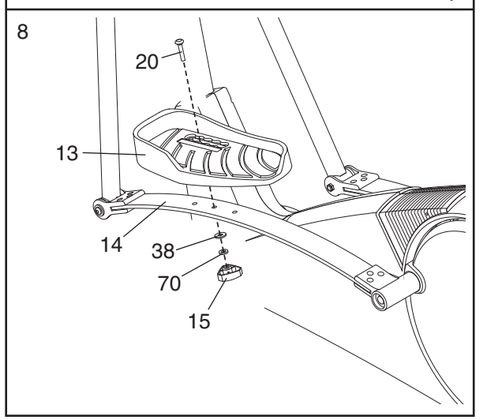
8. Identify the Left Pedal (13). Attach the Left Pedal to the left Pedal Spring (14) with an Adjustment Bolt (20), an M10 Washer (38), an M10 Split Washer (70), and an Adjustment Knob (15) as shown. Note: The Left Pedal can be attached in several positions using the five positions in the Left Pedal and the three holes in the Pedal Spring (see HOW TO ADJUST THE PEDALS on page 10).

   Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same hole and in the same pedal position.

7



8

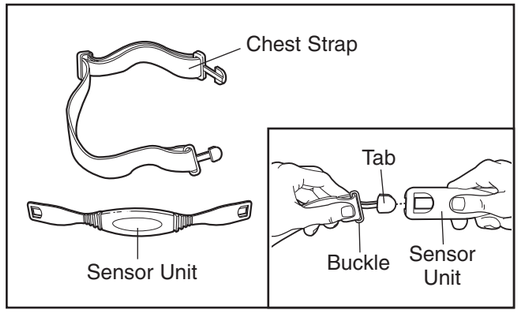


9. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE CHEST PULSE SENSOR

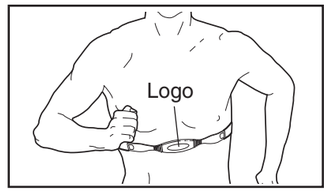
HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.

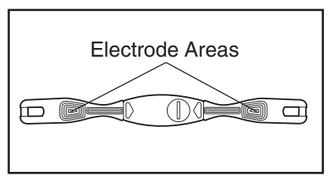


1 See the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit. Press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is right-side-up and facing forward.



3 Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

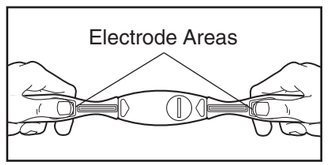


CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, or if the displayed heart rate is excessively high or low, try the troubleshooting steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing below). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Make sure that you are within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating your exercise equipment.
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

Hold the chest pulse sensor and place your thumbs over the electrode areas as shown. Next, hold the chest pulse sensor near the console. Whilst holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.



HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

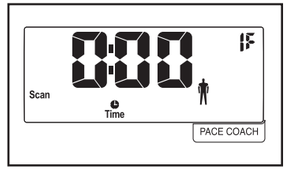
Follow the steps below to use a program from our Web site.

1 **Turn on the console.**

See step 1 on page 13.

2 **Select the iFIT.com mode.**

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the upper right corner of the display.



3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the elliptical crosstrainer and begin pedalling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance and/or the pace setting is about to change.

8 **Follow your progress with the feedback modes.**

See step 4 on page 13.

9 **Measure your heart rate if desired.**

See step 5 on page 13.

10 **When you are finished exercising, the console will automatically turn off.**

See step 6 on page 13.

HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 17. **Note: For information about iFIT.com CDs or videocassettes, visit our website at www.iconeurope.com.**

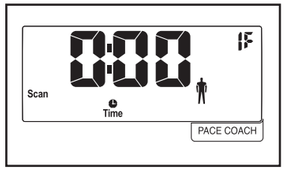
Follow the steps below to use an iFIT.com CD or video program.

1 Turn on the console.

See step 1 on page 13.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the upper right corner of the display.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

Note: If the resistance of the elliptical crosstrainer and/or the pace setting does not change when a "chirp" is heard:

- **Make sure that the indicator near the iFIT.com button is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 Follow your progress with the feedback modes.

See step 4 on page 13.

6 Measure your heart rate if desired.

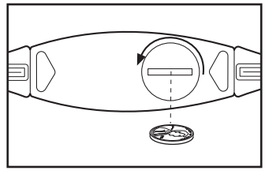
See step 5 on page 13.

7 When you are finished exercising, the console will automatically turn off.

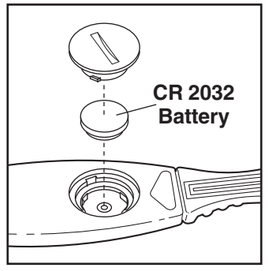
See step 6 on page 13.

- If the chest pulse sensor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.

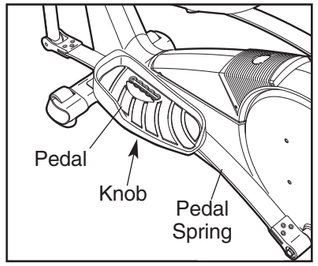


CHEST PULSE SENSOR CARE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time. Do not expose the chest pulse sensor to temperatures above 50° C (122° F) or below -10° C (14° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

HOW TO OPERATE THE ELLIPTICAL CROSSTRAINER

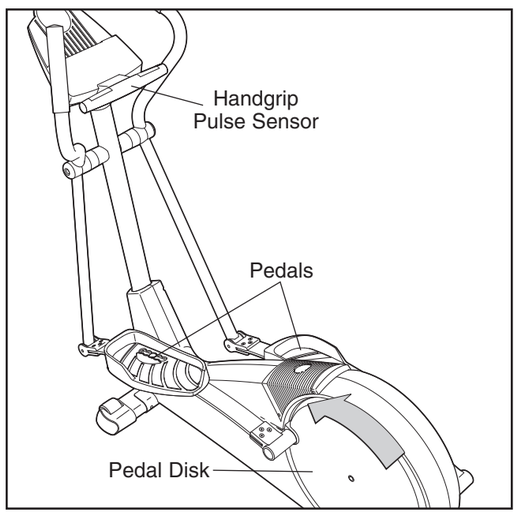
HOW TO ADJUST THE PEDALS



The motion of the pedals is determined by their position on the pedal springs. To adjust the pedals, first remove the pedal knob beneath each pedal. Slide each pedal forward or backward and reattach it using one of the five positions in the pedal and one of the three holes in the pedal spring. Make sure that both pedals are in the same position.

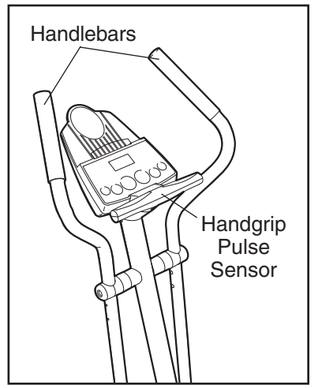
HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow below; however, for variety, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO USE THE HANDLEBARS



The handlebars are designed to add upper-body exercise to your workouts. Push and pull the handlebars as you exercise to work your arms, shoulders, and back.

To exercise only your lower body, hold the handgrip pulse sensor as you exercise.

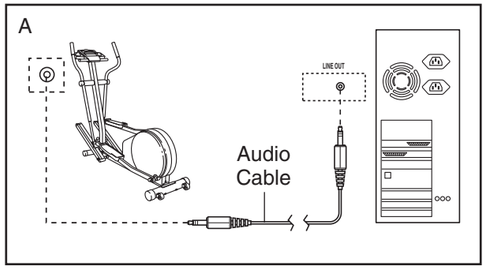
⚠ CAUTION: Before using the elliptical crosstrainer, read the following precautions.

- **Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.**
- **When you stop exercising, allow the pedals to slowly come to a stop.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

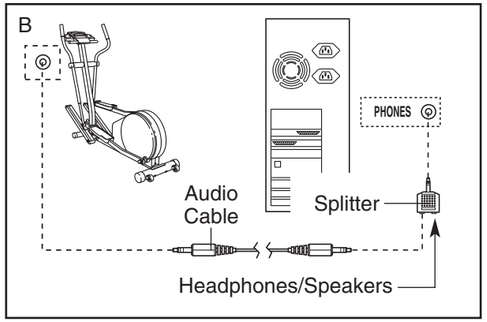
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your computer.



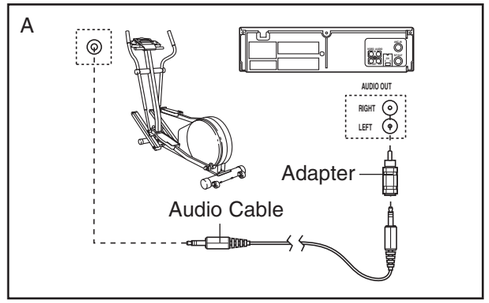
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



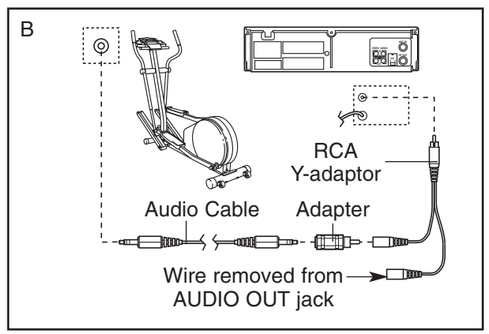
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 18.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



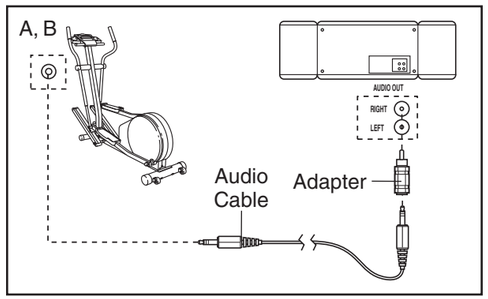
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO CONNECT YOUR PORTABLE STEREO

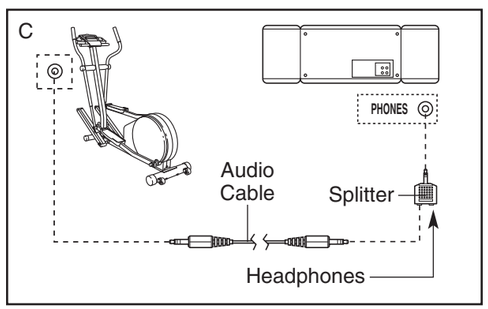
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



B. Refer to the drawing above. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your stereo. Do not use the adaptor.

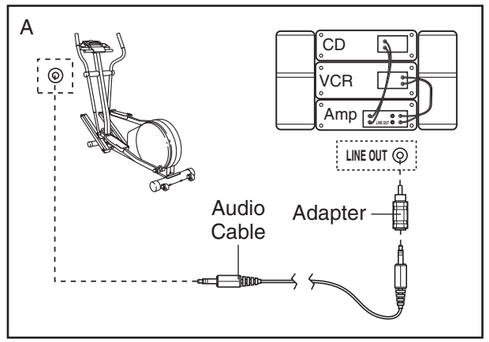
C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.



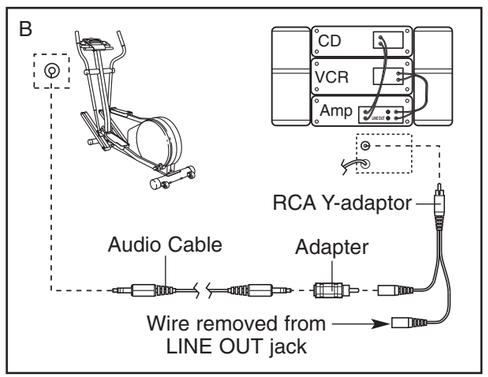
HOW TO CONNECT YOUR HOME STEREO

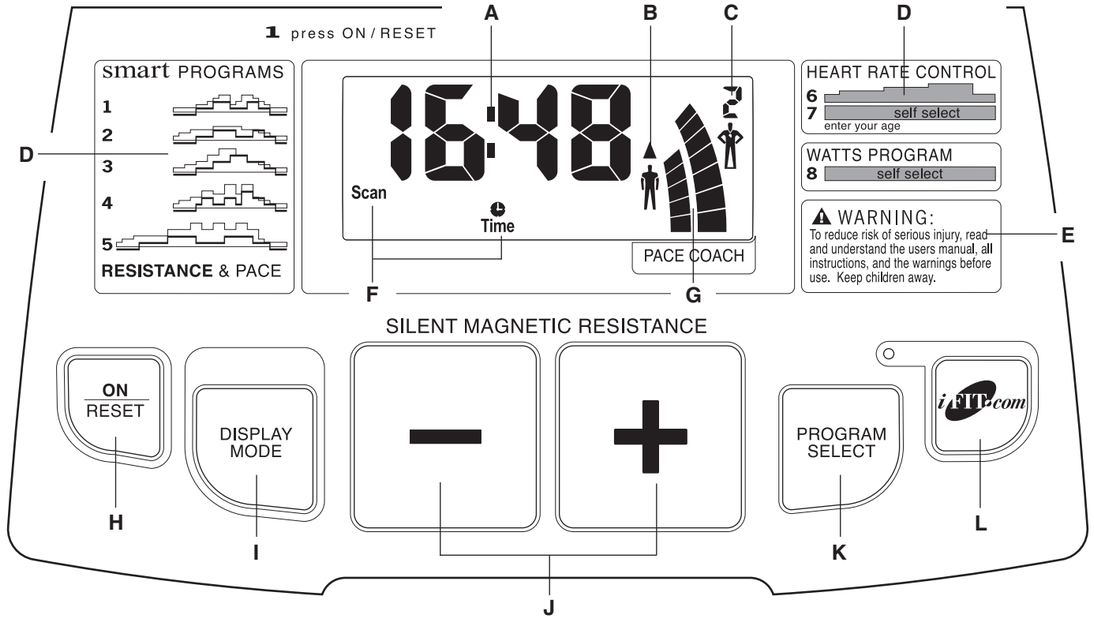
Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.





FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be adjusted with a touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

The console also offers five preset workout programs. Each program automatically changes the pedalling resistance and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that change the pedalling resistance and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise. And, a unique watts program changes the pedalling resistance and prompts you to vary your pace to keep your power output near a target level.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical crosstrainer to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and videocassette programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and videocassette programs automatically control the elliptical crosstrainer as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iconeurope.com.**

With the elliptical crosstrainer connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

CONSOLE DESCRIPTION

See the drawing on page 11. Note: If there is a thin sheet of clear plastic on the console, remove it.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a program), the resistance level, the approximate number of calories you have burned, the distance that you have pedalled, your power output in watts, and your heart rate (when you use the handgrip pulse sensor or the chest pulse sensor). If the scan mode is selected, the display will change from one mode to the next every few seconds. Or, a single mode can be selected for continuous display.

Note: The console can show speed and distance in either miles or kilometres. To change the unit of measurement, see HOW TO USE THE INFORMATION MODE on page 22.

B. Increase and decrease arrows—During programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicator—When a program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, or 8, depending on which program is selected. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the elliptical crosstrainer and the target pace will change during programs.

E. Warnings—See page 3.

F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, resistance level, calories, distance, watts, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear; when your heart rate is shown, the letters BPM will appear.

G. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This indicator will show your pedalling pace. As you increase or decrease your pace, the indicator will increase or decrease in height. When a program is selected, both pace indicators will appear. The left indicator will show your actual pedalling pace, and the right indicator will show a target pace. During the program, the target pace will periodically change; as the right indicator changes in height, adjust your pace so that both indicators are the same height. **Important: The target pace is a *goal* pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance.

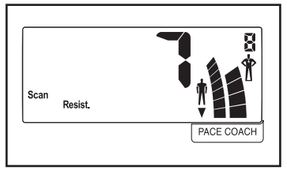
I. Display Mode button—This button is used to select the feedback modes.

J. + and – buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter information when a heart rate program or the watts program is selected.

K. Program Select button—This button is used to select programs and the manual mode.

L. IFIT.com button—This button is used to select the iFIT.com mode. The indicator near the button will light when the iFIT.com mode is selected.

To use the manual mode of the console, see page 13. **To use a preset program,** see page 14. **To use a heart rate program,** see page 15. **To use the watts program,** see page 16. **To use an iFIT.com CD or video program,** see page 20. **To use a program directly from our Web site,** see page 21.



As you pedal, the pace indicators will help you to keep your power output near the target watts level. The left indicator will show your actual pedalling pace. The right indicator will show a target pace. As you pedal, the console will compare your power output to the target watts level. If necessary, the right indicator will then change in height to prompt you to increase or decrease your pace to bring your power output closer to the target watts level. When the right indicator changes in height, increase or decrease your pace so that both indicators are the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

5 **Follow your progress with the feedback modes.**

See step 4 on page 13.

6 **Measure your heart rate if desired.**

See step 5 on page 13.

7 **When you are finished exercising, the console will automatically turn off.**

See step 6 on page 13.

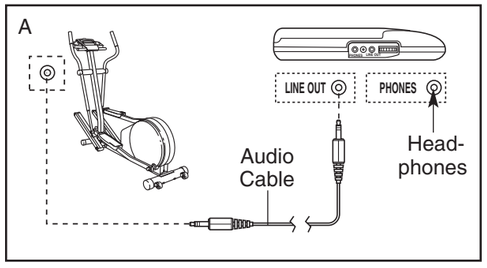
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 17 to 19 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 19 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your home computer. See page 19 for connecting instructions.

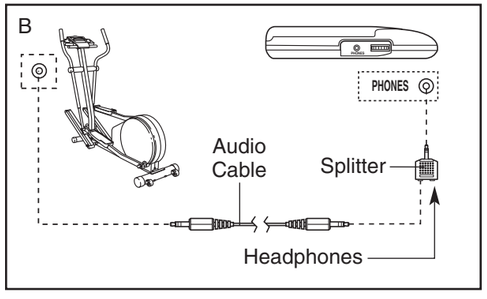
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.



your heart rate closer to the target heart rate. When the right indicator changes in height, increase or decrease your pace so that both indicators are the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

6 Follow your progress with the feedback modes.

See step 4 on page 13.

7 When you are finished exercising, the console will automatically turn off.

See step 6 on page 13.

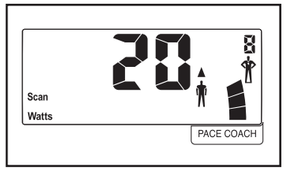
HOW TO USE THE WATTS PROGRAM

The watts program is designed to keep your power output near a target watts level that you set. Follow the steps below to use the watts program.

1 Turn on the console.

See step 1 on page 13.

2 Select the watts program.



Each time the console is turned on, the manual mode will be selected. To select the watts program, press the Program Select button repeatedly until the number 8 appears in the upper right corner of the display.

3 Enter a target watts level.

When the watts program is selected, the watts mode indicator and a target watts level of 20 will appear in the display. Press the + or – button repeatedly to change the target watts level, if desired. The target watts level can be from 20 to 250.

4 Start the program.

To start the program, simply begin pedalling. The watts program consists of forty, one-minute periods. The same target watts level is programmed for all periods.

During the program, the resistance of the elliptical crosstrainer may periodically change to keep your power output near the target watts level that you set. Note: If the current resistance level is too high or too low, press the + or – buttons. Pressing the + and – buttons will change the target watts setting.

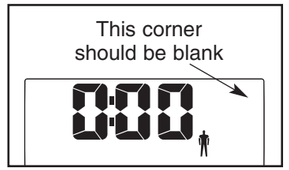
HOW TO USE THE MANUAL MODE

1 Turn on the console.

Note: The console requires four 1.5V “D” batteries (see assembly step 5 on page 6).

To turn on the console, press the On/Reset button or begin pedalling.

2 Select the manual mode.

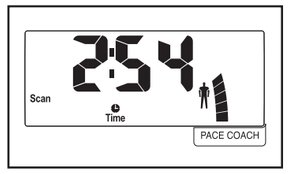


Each time the console is turned on, the manual mode will be selected. If a program has been selected, select the manual mode by pressing the Program Select button repeatedly until the upper right corner of the display is blank.

3 Begin pedalling and adjust the resistance of the elliptical crosstrainer.

As you pedal, adjust the resistance of the elliptical crosstrainer as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left pace indicator.



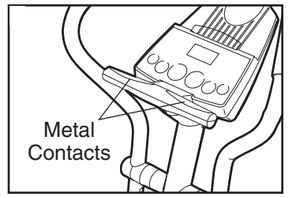
When the console is turned on, the scan mode will be selected. As you pedal, the display will show your current speed, the elapsed time, the current resistance level, the approximate number of calories you have burned, the distance that you have pedalled, and your power output in watts. In addition, your heart rate will be shown when you use the handgrip pulse sensor or the chest pulse sensor. Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Resist., Cals., Miles (or Kms), or Watts indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left pace indicator will appear in the display. As you increase or decrease your pace, the indicator will increase or decrease in height.

5 Measure your heart rate if desired.

Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.



If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

6 When you are finished exercising, the console will automatically turn off.

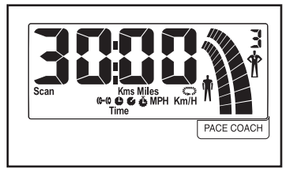
If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

HOW TO USE A PRESET PROGRAM

1 Turn on the console.

See step 1 on page 13.

2 Select one of the five preset programs.



Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, or 5 appears in the upper right corner of the display.

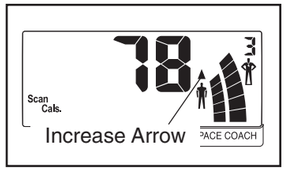
The profiles numbered 1 through 5 on the left side of the console show the resistance and pace settings for the preset programs.

3 Start the program.

To start the program, simply begin pedalling. Each preset program consists of either 20 or 30 one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. Note: If the current resistance level is too high or too low, you can change the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The target pace settings for the program will be shown by the right pace indicator in the display. (The left indicator will show your actual pedalling pace.) As the right indicator changes in height during the program, adjust your pace so that both indicators are the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

See step 4 on page 13.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 13.

HOW TO USE A HEART RATE PROGRAM

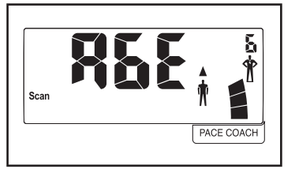
Heart rate program 6 is designed to keep your heart rate between 65% and 85% of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.) Heart rate program 7 is designed to keep your heart rate near a target heart rate that you choose.

Follow the steps below to use a heart rate program.

1 Turn on the console.

See step 1 on page 13.

2 Select one of the two heart rate programs.

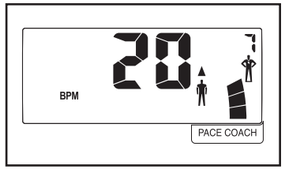


Each time the console is turned on, the manual mode will be selected. To select a heart rate program, press the Program Select button repeatedly until the number 6 or 7 appears in the upper right corner of the display.

The profiles numbered 6 and 7 on the right side of the console show the resistance settings for the heart rate programs.

3 Enter your age or a target heart rate.

If you selected program 6, the word AGE and the current age setting will flash in the display (see the drawing above). Press the + or – button repeatedly to enter your age. Once you have entered your age, your age will be saved in memory until the batteries are replaced.



If you selected program 7, the letters PLS and a target heart rate setting of 70 beats per minute will flash in the display. Press the + or – button repeatedly to change the target heart rate setting, if desired. The target heart rate setting can be from 70 to 170 beats per minute.

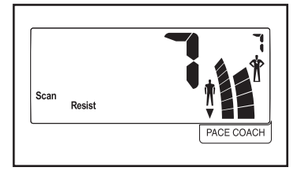
4 Hold the handgrip pulse sensor or put on the chest pulse sensor.

To use a heart rate program, you must use the handgrip pulse sensor or wear the chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

5 Start the program.

To start the program, simply begin pedalling. **Program 6** consists of 20 one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.) **Program 7** is sixty minutes long (you may choose to use only part of the program). The same resistance setting and target heart rate setting are programmed for the entire program.

If program 6 is selected, the resistance of the elliptical crosstrainer will automatically change as shown by profile 6 on the console. (Note: If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.) **If program 7 is selected,** the resistance will not change unless the target heart rate setting is changed. Pressing the + and – buttons will change the target heart rate setting.



As you pedal, the pace indicators will help you to keep your heart rate near the current target heart rate. The left indicator will show your actual pedalling pace. The right indicator will show a target pace. When you hold the handgrip pulse sensor or wear the chest pulse sensor, the console will compare your heart rate to the current target heart rate. If necessary, the right indicator will then change in height to prompt you to increase or decrease your pace to bring